



300-Hour Yoga Teacher Training Application/Registration Form

Thank you for your interest in Integrative Yoga Therapy's 300-Hour Yoga Alliance approved Yoga Teacher Training (YTT).

This training is for RYT-200 Yoga Teachers looking to expand their knowledge and meet the Yoga Alliance Requirements for RYT-300 status.

The content of this training includes 270 contact hours and 30 non-contact hours. Contact hours are compiled of ten(10) single day training modules, four (4) required weekend training modules and six (6) elective weekend training modules. Weekend training weekends will generally consist of Friday night, a full day Saturday and full day Sunday. Single day modules are generally 9 am - 6 pm on a Saturday.

This 300-hour teacher training is Yoga Alliance approved and, when completed, will qualify graduates to register with Yoga Alliance as an RYT-300 registered yoga teacher. Participants have up to 36 months to complete this training.

Students are expected to attend each training module in its entirety. Makeup sessions are not available for 300-hour YTT modules. Credit for participation will be granted to students with 100% module attendance.

Non-Contact hour requirements include: 1) Observing five (5) classes taught by IYT's senior teaching staff and submitting a completed Observation Form, 2) Teach ten (10) classes related to the teaching of the single day modules and submit a completed Living Your Yoga Teaching Report, 3) Required reading for certain modules.

Cell phones must be turned off during training sessions. Breaks will be scheduled for phones, bathroom and snacks.

The cost of this training is broken down by module. There is a discount for purchasing all ten single-day modules as a bundle and weekend modules often offer early registration discounts. A non-refundable application fee of \$75 is required to secure your place in this training.

Module cancellation policies are specified on the registration page for each module and in your confirmation email.

Application	
Name:	DOB _____ / _____ / _____
Address:	
Email:	Phone:
Emergency Contact Name & Phone:	
Where and when did you complete your 200-hr YTT?	
Are you registered with Yoga Alliance? Y N	
Tell us about your yoga teaching experience:	
Do you have any physical or psychological conditions that may affect your ability to succeed in our program? Y N Explain:	
<i>(responses are kept confidential)</i>	

Section 1. Refunds

You must pay an application fee of \$75 to the Studio. This fee is non-refundable and due when submitting this application form. See registration page and payment receipt for refund policy on each individual module. Single-day module discount packages are non-refundable and expire 36 months from purchase date.

You understand that you are not entitled to any refunds, credits, or adjustments if you fail to complete the Program or satisfy the Certification Requirements, as defined below. You will not be entitled to a refund if you withdraw from the Program or are removed

from the Program. You understand that the Studio is under no obligation to award any credit for past experience or training if you fail to complete the Program.

Section 2. Teacher Training Certification Requirements

The Program has been designed to provide yoga education for students who are pursuing registration with Yoga Alliance as a RYT 500. It is intended to result in the completion of 300 hours of training and to fulfill the requirements of Yoga Alliance. Yoga Alliance requires completion of a 200-hour Yoga Alliance approved Yoga Teacher Training prior to the completion of this 300-hour YTT.

Our Certification Requirements for graduation are as follows:

- Full attendance in ten (10) single day 300-hr YTT modules, four (4) required weekend modules and six (6) elective 300-hour YTT modules within three (3) years.
- Completion of required non-contact hour content including: a) 5 class observations of IYT senior staff and b) 10 teaching experiences influenced by single-day modules. These requirements must be completed within 36 months of YTT registration. Completion of each requirement will be evidenced by submission of completed required forms.
- Full participation in and completion of all Certification Requirements is mandatory for certification. Make-up sessions are not available for 300-hr YTT modules. Participants must attend 100% of each module for module credit.

In addition, all students must possess the skills and abilities necessary to safely and competently teach yoga, and a high level of emotional and mental stability and maturity. Your conduct and participation during the course of the Program will be the basis on which we will make this determination. Attendance in the Program and completion of the components does not ensure that you will be certified.

We may withhold certification from any student who fails to meet the Certification Requirements and to demonstrate the necessary skills, competencies, maturity and emotional stability necessary to safely and competently teach yoga. We have the right to make this assessment in the exercise of our sole discretion. You understand the inherently subjective nature of this determination.

Any participant who is denied certification has the right to seek the review of the Studio. The Studio will conduct a fair review of the situation. The determination of the Studio will be final.

Section 3. Participation and Challenges

You understand the Program has been designed to create the optimal yoga education for the majority of students. You recognize that this Program has been designed to provide yoga education for students who are pursuing registration with the Yoga Alliance.

During your participation in this Program, you are responsible for monitoring what is safe for you and you can stop your participation in any experience at any time. Although your attendance is required in each session to meet our Certification Requirements, you recognize your responsibility to speak up or take yourself out of an experience if you feel uncomfortable.

You understand that the nature of yoga is to promote physical and psychological growth through which profound transformation can occur. It is your responsibility to do your best to uphold and foster a sacred and safe environment to foster transformation for yourself and the other students in the Program. It is important for you to possess a high degree of emotional maturity and personal integrity in order to graduate from our Program and to ultimately serve your students.

You understand that during the course of the Program, you will be challenged physically and psychologically. You understand that practicing yoga is often about exploring new boundaries and limitations. You understand that the study of yoga involves exploring and discussing different religious and belief systems. These belief systems may be different from yours. You understand that the Program is not requiring you to change any of your beliefs.

Section 4. The Code of Ethics

You agree to follow the following Code of Ethics:

Our code of conduct is a declaration of acceptable ethical and professional behavior by which all registrants agree to conduct the teaching and business of yoga. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for yoga principles. As a Registered Yoga Teacher (RYT®), Experienced Registered

Yoga Teacher (E-RYT®) or representative of a Registered Yoga Schools (RYS®), I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that I live up to any commitments I make to my students or to the public, and ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner who adheres to certain precepts.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.
- Adhere to the traditional yoga principles as written in the yamas and niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

IYT retains the right to dismiss any student who does not comply with the above stated guidelines at any time during the teacher training. If the student does not comply with the above guidelines and IYT dismisses the student, the student will not receive a refund.

Section 5. Release

You recognize that you must be in adequate physical and mental health to participate in the Program. You understand that the Program may require intense physical exertion, and you represent that you are physically fit enough to participate and have no medical

or emotional condition which would prevent your full participation in the Program. You recognize that the Program may cause or aggravate a physical injury or medical condition. You understand that it is your responsibility to consult with a physician before your participation in the Program. If you have done so, you have taken the physician's advice.

You are aware that your participation in the Program could result in injury or aggravation of pre-existing injuries. You understand your physical limitations and are sufficiently self-aware to stop or modify your participation in any activity before you become injured or aggravate a pre-existing injury.

In consideration of being permitted to participate in the Program, you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result of participating in the Program, including those which may result from the negligence of the Studio.

You knowingly, voluntarily and expressly waive any "Claim" (as defined below) you may have against the Studio, its owners, managers, teachers, instructors, workshop presenters, employees, independent contractors and staff (each, a "Released Party") that you may sustain as a result of participating in the Program even if the Claim arises from the negligence of any Released Party or anyone else. You agree to indemnify and hold harmless each Released Party from any loss, cost, or liability incurred in defending any Claim made by you or anyone making a Claim on your behalf, even if the Claim is alleged to or did result from the negligence of any Released Party or anyone else.

"Claim" includes but is not limited to any and all liabilities, claims, demands, expenses, fees, legal actions, rights of actions for damages, personal injury, mental suffering and distress, or death that you may suffer, your spouse, children or unborn child may suffer (including any legal fees or expenses) in connection with participation in the Program. You, your heirs and legal representatives forever release, waive, discharge and covenant not to sue any Released Party for any Claim caused by any negligence or other acts of a Released Party.

Section 6. Restrictions on Use of Program Materials

You recognize and agree that the "Studio Program Materials" (as defined below) are confidential and proprietary information belonging to the Studio. You agree that you will keep the Studio Program Materials strictly confidential and shall not disclose any Confidential Information to any third party. The Studio Program Materials are for your

own personal use. You may not share the Studio Program Materials with any other yoga studio, yoga teacher training program or wellness business.

You may not copy, publish, distribute, upload to the Internet or post on any social media platform all or any part of the Studio Program Materials. Your breach of any of these provisions may result in continuing and irreparable harm to the Program for which there may be no adequate remedy at law. Accordingly, the Program may enforce these provisions by any equitable remedy. If the Program pursues such an action against you, you shall be responsible for all legal fees and expenses.

“Studio Program Materials” shall mean the Studio’s teacher training manual and all other documentation, texts, audio and video files, photographs, charts and other content provided to you in connection with the Program.

Section 7. Legal Proceedings

This Agreement shall be governed by the laws of the State of South Carolina and you consent to jurisdiction and venue in the state courts located in Easley, South Carolina. The Studio and Program shall have no liability to you as a result of participating in the Program. You agree that your sole remedy for breach of this Agreement or for any problem you may have with the Program is the refund of the amount paid to the Program. In any action or suit to enforce any right or remedy under this Agreement or to interpret any provision of this Agreement, the prevailing party shall be entitled to recover its costs, including reasonable attorney's fees. If any provision of this Agreement is held invalid, illegal or unenforceable, it shall not affect any other provision and this Agreement shall be construed as if such provision had never been contained herein.

By signing below, you affirm that the information provided in this application is true and complete and you understand the requirements to graduate from teacher training. You further affirm that you have read the entire document, understand it and agree to honor it.

I have carefully read the application and accept its requirements and conditions. I understand that IYT may deny my certification if it determines that I have not met the certification requirements in the exercise of its sole discretion. I understand that my

failure to meet the certification requirements will mean that I cannot register with Yoga Alliance. Please initial here _____.

I understand that providing inaccurate, incomplete, or misleading information is grounds for rejecting this application, being required to leave teacher training after I have started, or the revocation of my certification after completing teacher training. Please initial here _____.

I have carefully read the Agreement and understand that IYT is not responsible for any physical or psychological harm that may result from my participation in teacher training. Please initial here _____.

I understand that my failure to comply with Yoga Alliance's Registry of Conduct may result in my dismissal from teacher training and I will not be qualified for a refund of the cost of teacher training. Please initial here _____.

I have read and understand the refund policy set forth above. Please initial here _____.

I understand that I must respect the integrity of the students and teachers who are involved in teacher training and will treat each one of them with compassion, respect and understanding. Please initial here _____.

The parties hereto have executed this Agreement effective as of the last signature date below.

Integrative Yoga Therapy, LLC:

Student:

Linda Patterson, Owner

By (sign)

Print Name

Date

Date